



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bürger, Sandra

Club: Hörselberg-Hainich

Number: 1277

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:25

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 456 (of 637)

Rank in course/Women: 64 (of 144)

Best time in course: 38:07

Rank in category: 20(of 45)

Best time in the category: 46:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Langstrec	2.00	12:29	6:14	33	2:48	102	5:09	2.00	12:29	6:14	16	1:32	81	5:09
Runde Langstrec	2.00	11:07	5:33	21	1:57	63	3:30	4.00	23:36	5:54	16	2:11	41	8:39
Runde Langstrec	2.00	11:10	5:34	18	1:56	63	3:24	6.00	34:46	5:47	16	4:07	101	12:03
Runde Langstrec	2.00	11:06	5:32	16	1:52	53	3:20	8.00	45:52	5:44	14	3:53	109	15:23
Leichtathletikh	2.00	10:33	5:16	11	1:34	41	2:55	10.00	56:25	5:38	20	10:05	64	18:18